
THE 5 FOOT FARM
Protein Salad
Recipe Pairing Sheet
HARVEST
PROTEIN
CHEESE
TOPPER
LETTUCE
CHICKEN
FETA
CRUMBLED BACON
TOMATOES
EGGS
CHEDDAR
SEEDS & NUTS
CUCUMBER
CHICKPEAS
MOZZARELLA
TOPPER
BEGINNER FRIENDLY

🥗💪 PROTEIN SALAD RECIPE PAIRING Guide

Exactly What to Cook From Each Harvest

How to Use This Sheet

1. Harvest what's ready this week
2. Find the matching crop combination below
3. Make a complete high-protein salad in 10 minutes or less

Every recipe here:

- Uses crops from your Protein Salad Garden
- Is meal-complete (protein + greens)
- Works for meal prep
- Scales for families

🌱 SPRING HARVEST RECIPES

(Peas + Early Greens Phase)

1. SNAP PEA POWER SALAD

Harvest: Peas + Spinach + Arugula

Add From Pantry:

- Olive oil
- Lemon
- Salt
- Seeds or nuts (optional)

Protein Boost:

- Extra peas
- Hard-boiled eggs (optional for omnivores)

Why it works:
Fresh, sweet peas + tender greens = perfect early-season protein salad.

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2. SPRING GREEN PROTEIN BOWL

Harvest: Lettuce + Spinach + Peas

Add:

- Chickpeas (stored or canned)
- Olive oil + vinegar

Upgrade Option:

- Feta or goat cheese

Result:
Light, high-protein lunch with zero cooking.

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3. ARUGULA PEA CRUNCH SALAD

Harvest: Arugula + Peas

Add:

- Sliced radish
- Sunflower seeds
- Lemon vinaigrette

Result:
High-protein, metabolism-boosting salad.

🌼 SUMMER HARVEST RECIPES

(Beans, Edamame, Chickpeas Phase — Core Protein Season)

4. EDAMAME SUPERFOOD SALAD

Harvest: Edamame + Spinach + Lettuce

Add:

- Olive oil
- Sesame seeds
- Lemon or rice vinegar

Optional Extras:

- Cucumber
- Green onion

Protein:
Very high — ideal post-workout salad.

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5. CHICKPEA POWER GARDEN SALAD

Harvest: Chickpeas + Arugula + Lettuce

Add:

- Tomato (optional)
- Olive oil
- Garlic
- Cumin

Result:
Complete plant-based protein meal.

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6. THREE-BEAN PROTEIN SALAD

Harvest: Bush Beans + Edamame + Chickpeas

Add:

- Parsley or basil
- Olive oil
- Red wine vinegar

Why it's gold:
This is a **meal-prep superstar** — stores 3–4 days.

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7. GREEN PROTEIN CHOP SALAD

Harvest: Kale + Spinach + Bush Beans

Add:

- Lemon

- Olive oil
- Pumpkin seeds

Upgrade:

- Avocado

Result:
High fiber + high protein + very filling.

🍂 FALL HARVEST RECIPES

(Final Greens + Stored Protein Phase)

8. WARM EDAMAME & KALE SALAD

Harvest: Kale + Edamame

Add:

- Warm olive oil
- Garlic
- Lemon

Optional:

- Roasted chickpeas

Why:
Perfect cold-weather protein salad.

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9. PROTEIN HARVEST BOWL

Harvest: Spinach + Lettuce + Stored Beans

Add:

- Roasted root vegetables (optional)
- Tahini dressing

Result:
High-calorie, high-protein fall meal.

10. ARUGULA CHICKPEA DINNER SALAD

Harvest: Arugula + Chickpeas

Add:

- Olive oil
- Balsamic
- Nuts or seeds

Why it works:
Fast, elegant, filling — 5-minute dinner.

🧭 QUICK PAIRING REFERENCE (BONUS BOX)

Put this as a **one-glance cheat table** on the sheet:

Harvest	Best Pair With	Result
Peas	Spinach + Lettuce	Light protein salad
Bush Beans	Kale + Arugula	Filling dinner salad
Edamame	Spinach + Lettuce	Post-workout bowl
Chickpeas	Arugula + Kale	Meal-level protein
Mixed Beans	Any greens	Meal prep base
